Staying Awake? A history of sleep in the 20th century
Fachveranstaltungen
10. Dezember 2020
Online-Veranstaltung, 10.12.2020, 16:00 - 17:00 Uhr


Zugangsdaten Zoom: [Link zum Meeting](#); Meeting ID: 995 6612 0420; Passcode: 403707

**Beschreibung des Vortragsthemas (englisch):**
Technical developments and the availability of electric light in the 19th and 20th century have decisively altered everyday life in modern societies: Mankind entered a permanently changing relationship with never-sleeping machines in ever-lighted spaces, and the night became a time not only for sleeping and dreaming, but also for working, for consuming, for travelling and partying. The talk follows tired soldiers, US-American DJs, German steel workers, flying pilots and small sparrows through their «nights»: How did the expanding knowledge about the mechanisms of sleep affect our understanding of the human body, of productivity, of a «healthy» life and of society as a whole?